

Solh Wellness launches Prarambh Life in India on World Mental Health Day at Greater Noida Institute of Technology.

Empowering Youth with Holistic Mental Health Solutions through Technology



New Delhi, Delhi Dec 19, 2024 ([Issuewire.com](https://www.issuewire.com)) - In a landmark initiative to address the pressing issue of addiction and mental health among the youth, [Solh Wellness, in collaboration with Canadian organization Inward Strong, is launching the Prarambh Life program in India.](#)

The launch event will be held at the Greater Noida Institute of Technology (GNIOT) on World Mental Health Day, inaugurated by the Vice-Chancellor and Dean of GNIOT, along with Kapil Gupta, Founder of Solh Wellness.

The *Prarambh Life* program has already transformed lives across North America. From overcoming challenges like stress, anxiety, and substance use to tackling behavioral issues such as overeating and nicotine addiction, the program has empowered countless individuals to reclaim their lives.

The program's launch will feature a special session on de-addiction, highlighting the urgent need for holistic and accessible mental health solutions in educational institutions. The *Prarambh Life* program is designed to offer students practical tools and resources to manage stress, anxiety, and addiction issues, all within a supportive and tech-driven framework.

Kapil Gupta, Founder of Solh Wellness, emphasized the importance of this initiative: "Mental health and addiction issues are often overlooked in academic settings, leading to long-term consequences for students. Prarambh Life is not just a program but a movement towards building resilience and self-reliance among our youth. We believe that technology can play a crucial role in providing continuous, accessible support to those in need."

Furthermore, Kapil says, "The deep integration of Prarambh Life within the Solh app leverages cutting-edge technology to provide a seamless and personalized user experience."

By utilizing AI-driven insights, real-time analytics, and interactive tools, the program adapts to individual needs, offering tailored support and resources. This technological advancement ensures that users have 24/7 access to self-assessment modules, guided exercises, and a comprehensive library of mental wellness content, making Prarambh Life an even more powerful and effective solution compared to traditional methods."

The program's impact has been substantiated through research conducted by the Canadian Institute of Health Research and McMaster University, which found that programs are as effective as face-to-face interventions. Success stories from participants in North America, such as R.L. from Cambridge and Candice, attest to the program's transformative power:

"Just wanted to say thank you for making me a better person. You do a great job, and without you, I think I would have become someone I knew I wouldn't want to be. Again, thank you for helping me become who I am—now I like this person much more."

— R.L., Cambridge

"Thanks for all your help and support. The tools you taught me will stick with me always!"

— Candice

By bringing the *Prarambh Life* program to India, Solh Wellness and Inward Strong aim to create a safe and supportive environment where students can learn to cope with their struggles and achieve personal growth.

For more information about the *Prarambh Life* program or to attend the launch event, please contact us at info@solhapp.com.

About Solh Wellness:

[Solh Wellness is a tech-driven, AI-enabled platform dedicated to providing holistic mental health solutions.](#) With a mission to make wellness accessible to all, Solh Wellness offers a range of services including self-assessment tools, guided meditation, and specialized programs tailored for different age groups and mental health needs.

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